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TRAINING TOOLKIT

 **Boost** your
international
mobility



TOOLKIT SUMMARY

To empower young people by transferring and consolidating the skills and competencies developed throughout the training.

WHY?

HOW?

By providing diverse, relevant tools and supporting young people in understanding and recognising their skills.

WHAT?

A practical, ready-to-use toolkit enabling young people to capitalise on skills gained through any experience.

WHY YOUR InterMob MATTERS

Today's employers are not only looking for degrees or technical knowledge. They value transferable skills: the ability to adapt, think critically, collaborate, and keep learning in a fast-changing world.

According to the World Economic Forum, key skills for employability include analytical and creative thinking, resilience, flexibility, curiosity, technological literacy, empathy, leadership, and attention to detail. These are precisely the skills that young people develop through international mobility experiences.

Studying, training, volunteering or working abroad pushes you out of your comfort zone. You adapt to new cultures, new ways of working, and new challenges. Along the way, you develop academic, cultural, personal and employability skills that are highly valued on the labour market.

Research confirms the impact. Erasmus+ graduates find jobs faster, report higher job satisfaction, and are more likely to work in international environments. Mobility is especially beneficial for young people from disadvantaged backgrounds and can contribute to reducing inequalities, including the gender pay gap.

Yet many young people struggle to identify and explain the skills they gained abroad. This Toolkit is here to help you !

Your international experience is not just a *memory*,
It is a real *asset* for your future!

TRAINING TOOLKIT

PART 1

WHAT IS A SKILL ?

HARD

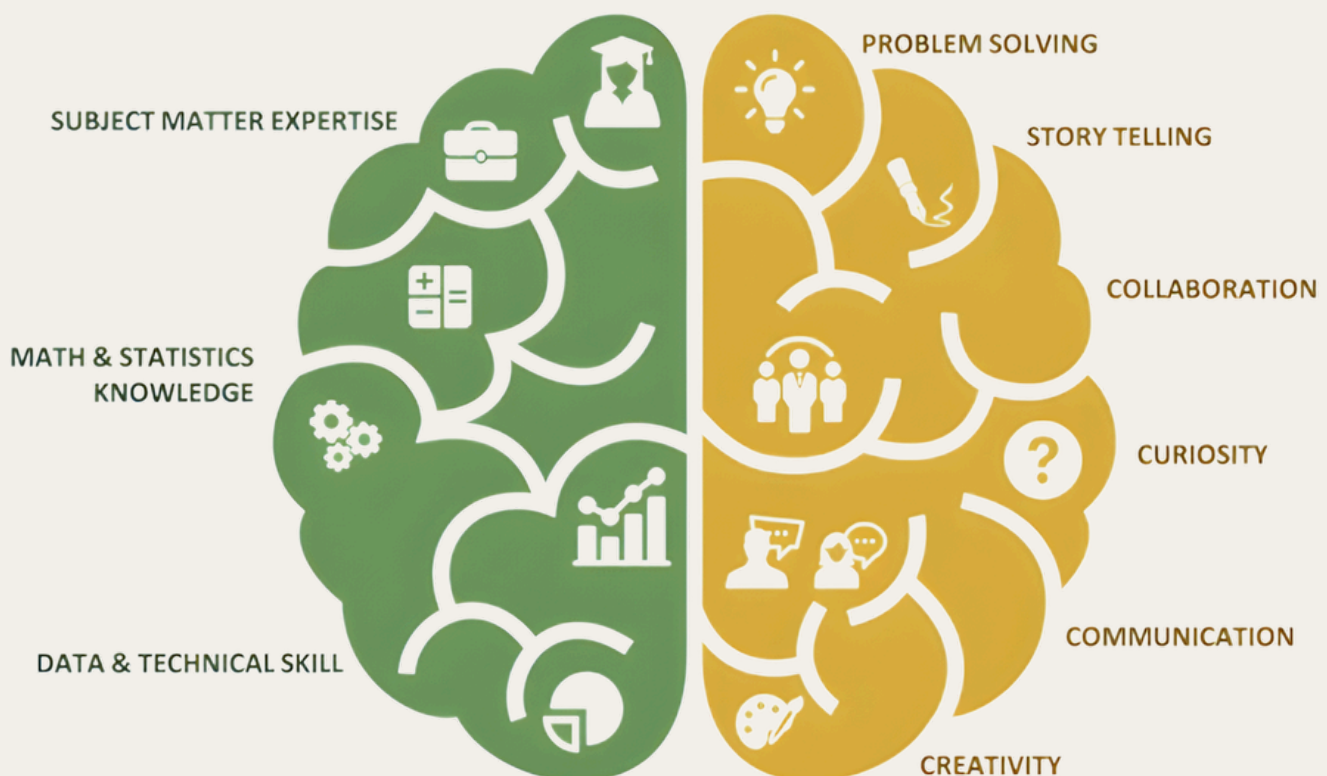
They are specific, teachable, and measurable technical abilities.

They are acquired through education, training, or experience and can be clearly demonstrated, tested, and evaluated (e.g. certifications, tools, methods).

SOFT

They are personal and interpersonal abilities that shape how individuals work, interact, and adapt.

They can influence communication, cohesion, decision-making, and adaptability. They are harder to measure but essential.



Now, try to list your own!

HARD

- Foreign language proficiency (academic and professional contexts)
- Intercultural communication techniques
- Ability to work in international academic systems
- Use of digital collaboration tools
- Project and time management in a foreign environment
- [...]

SOFT

- Adaptability to new cultural and social contexts
- Autonomy and self-reliance
- Communication in multicultural settings
- Problem-solving in unfamiliar situations
- Openness and flexibility
- [...]

Here is an inventory to help you !



TRAINING TOOLKIT

STAR METHOD

PART 2

Objective

The STAR method is a structured way to clearly present an experience into a story.

It helps turn lived experiences into clear, concrete, and convincing examples, especially in interviews or CVs.

Situation : Set the scene and provide context.

Task : Explain your responsibility in that situation.

Action : Describe the specific actions you took.

Results : Share the outcome and what you learned.

Method

Exemple

“During my exchange in Japan (situation), I had to work on a group project with students from different cultural backgrounds (task). I facilitated communication by organizing structure meetings and using a mix of English and Japanese (action). As a result, our project won an award for best collaboration (result).”

Pro Tip

Before an interview, prepare 3-5 STAR stories linked to common job skills (teamwork, problem-solving, leadership, adaptability).

IKIGAI : YOUR LIFE PATH

Objective

This Japanese concept literally means “reason for being”. It’s a reflective tool to identify the intersection between your passions, your strengths and your career aspirations.

- What do I **love** ? (passions linked to mobility)
- What am I **good at** ? (skills developed during mobility)
- What does the **world need** ? (problems/opportunities discovered abroad)
- What can I be **paid for** ? (career paths where these skills apply)

Method

Exemple



Pro Tip

Start by listing what you've noticed abroad, using concrete experiences, and look for overlaps to identify meaningful intersections. Be honest, think long-term, iterate as you grow and seek feedback.

BLOOM'S TAXONOMY

Objective

Bloom's Taxonomy is a framework that organizes learning from basic knowledge to complex creation. Think of it as a ladder: start with recalling facts, move to understanding and applying, and reach analyzing, evaluating, and creating. It helps you see your growth and clearly explain your skills on a CV, in interviews, or in reflections.

The revised taxonomy has six hierarchical levels, where the verbs are emphasized. It helps you to transform your explanation from "I studied abroad" to "I developed higher-level skills".

Method

Exemple

Create	Use Existing Information to make something new Invent, Develop, Design, Compose, Generate, Construct
Evaluate	Make judgments based on sound analysis Assess, Judge, Defend, Prioritize, Critique, Recommend
Analyze	Explore relationships, causes, and connections Compare, Contrast, Categorize, Organize, Distinguish
Apply	Use existing knowledge in new contexts Practice, Calculate, Implement, Operate, Use, Illustrate
Understand	Grasp the meaning of something Explain, Paraphrase, Report, Describe, Summarize
Remember	Retain and recall information Reiterate, Memorize, Duplicate, Repeat, Identify

Pro Tip

When describing your experiences, try to show progression from simple knowledge to higher-level skills.

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